

ABSTRACT

C₃ An apparatus for providing feedback to a user of a weight stack machine having weights for lifting has an enclosure adapted for attachment to the weight stack machine.. ~~Means for sensing~~ ^{A weight sensor} weight for determining the number of weights lifted is provided as well as ^{An} ~~encoder~~ means for detecting the motion of the weights during a lift. ~~Electronic detection means are operatively coupled~~ ^{AN electronic detector is} to the ~~weight sensor~~ ^{weight sensor and the encoder} means and the encoder means for computing data describing the number of weights lifted. ~~Interface means for~~ ^{AN interface} transmitting the computed data from the electronic ~~detection means~~ ^{detector} to a central ~~storage means~~ ^{Storage} and the display is provided. The interface ~~means~~ also receives information from the central storage means and displays it on the display.

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